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EX-NHL STAR'S NEW
BOOK CHRONICLES HIS
JOURNEY TO BETTER
PEACE OF MIND **PAGE 9**



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Supt. Danny Smyth of the Winnipeg Police Service says two male suspects arrested in the sexual assault case of Rinelle Harper, inset, will come under close scrutiny for possible connections to other cases, including the killing of Tina Fontaine this past August. JOHN WOODS/THE CANADIAN PRESS; INSET: TWITTER

Pair charged in assault on teen

Crime. Suspects in the Rinelle Harper case are also accused of attacking a woman

Police have charged two young men with a pair of sexual assaults, including one on an aboriginal teenage girl, and say they will take a closer look at whether the suspects had anything to do with the death of another First Nations teen last summer.

The two suspects, who are 20 and 17, face several charges, including attempted murder, in the attack on 16-year-old Grade 11 student Rinelle Harper, who was beaten Friday night and left for dead on a walking trail along the Assiniboine River in downtown Winnipeg.

They also face aggravated sexual-assault charges in a second attack that same night on a 23-year-old woman.

Police Supt. Danny Smyth said the two will come under closer scrutiny as police continue to look for 15-year-old Tina Fontaine's killer. Her body was wrapped in plastic and dumped in the Red River in August. Her death has renewed calls for a federal inquiry on missing and murdered aboriginal women.

"We don't have any information right now that would suggest these men were involved with the Tina Fontaine investigation," Smyth said Wednesday. "That being said, we really had little, if any, contact with these men before this. We will certainly take a closer look at them now."

Police say Rinelle was out with friends Friday night when she got separated from her group.

She met two young men who struck up a conversation with her, Smyth said. The three of them are said to have walked to the Assiniboine River where the girl

was attacked and ended up in the frigid water.

"Rinelle managed to crawl out of the river a short distance away upstream and she was attacked a second time ... and left unconscious and essentially left for dead on the riverwalk," Smyth said.

She was found by a passer-by the next morning and taken to hospital in critical condition. She has been upgraded to stable and her family says she is recovering.

Justin James Hudson, 20, along with a 17-year-old who can't be named, are charged with attempted murder, aggravated sexual assault and sexual assault with a weapon.

Victims of sexual assault are not usually identified, but police took the step of releasing Rinelle's name, with the permission of her parents, to "humanize" her and to ask for anyone with information related to her attack to come forward. The public response was overwhelming, Smyth said.

THE CANADIAN PRESS

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Andrea Giesbrecht case

Oversight denied for autopsy of infant bodies found in locker

There will be no independent pathologist at the autopsies on six infant bodies found in a Winnipeg storage locker.

A judge has rejected the request made by the lawyer defending a woman charged with concealing the bodies.

Andrea Giesbrecht also faces new, unrelated charges of fraud and breaching a court order, so her bail hearing was postponed to Dec. 1.

Defence lawyer Greg Brodsky had argued that since police were allowed to observe the autopsies, his client should be given the same right through an independent party.

But the medical examiner said it would have been like having the accused in the examining room.

The autopsies were already almost complete when they were put on hold while Brodsky's request was heard.

Police have said the state of the remains was such that it could take months of forensic examination before it might be known who the parents were, how the deaths occurred and whether they were full term.

Brodsky has said that, under the law, the deceased will not be considered people if they turn out to be less than 20 weeks' gestation.

A police report read out in court last week said the remains were in kitchen garbage bags, plastic containers and a pail at a U-Haul storage unit.

THE CANADIAN PRESS/JOB



Mayor Brian Bowman talks about the new look of Winnipeg's city council after an organizational meeting on Wednesday. COLIN FAST/FOR METRO

Bowman praises new attitude at city hall

New members, new tone. Councillors playing nice, so far

COLIN FAST
winnipeg@metronews.ca

Though it's early days, Mayor Brian Bowman said he's encouraged by the co-operative attitude being shown by the new city council.

"The most important thing for me right out of the gate was to change the tone," he said. "The way council is working together has changed already, and I think

it bodes well for how we're going to be able to work on a go-forward basis."

Councillors met briefly Wednesday to sort out appointments to standing policy committees and a few dozen other boards and commissions.

Some of the noteworthy assignments included Janice Lukes (St. Norbert) as councillor responsible for the capital region and Jenny Gerbasi (Fort Rouge-East Fort Garry) as chair of the Winnipeg Housing Steering Committee.

Marty Morantz (Charleswood-Tuxedo) is the council representative on the Assiniboine Park Conservancy, and

Bowman will be secretary of Urban Aboriginal Opportunities.

Council rookie Scott Gillingham (St. James) was appointed chair of the Winnipeg Police Board.

The former church minister said his track record of building partnerships with community groups will be valuable.

"I don't have a lot of experience working with the police directly, but my background is that of a collaborator," he said. "I want to work with all the partners, everyone on the board, to function so that we work on behalf of the citizens."

City hall needs your help

Want to join the Bowman administration? The city is looking for citizens to fill open spots on boards and commissions that oversee museums, libraries, arts funding, housing projects and other civic services.

- Applicants must be 18 years of age and eligible to vote in Winnipeg municipal elections. The application deadline is Nov. 21. For more information, see winnipeg.ca/clerks/boards/boards.stm.

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NEWS

Greg Selinger. Premier has the advantage in leadership vote: Analyst

Manitoba's governing New Democrats are wrestling with a political puzzle — how to hold a leadership race in which one candidate is the premier, who appears intent on staying put during the campaign.

Premier Greg Selinger "absolutely has an advantage" over potential opponents, political scientist Royce Koop from the University of Manitoba said Wednesday.

"He has the power of the purse, as the Americans say. He can spend government money in such a way as to assist his leadership campaign," he said.

Selinger has been facing an open revolt from senior party members after leading the party to low polling numbers not seen in more than a decade. He ran into opposition over his decision last year to raise the provincial sales tax — something he specifically said he would not do during the last election campaign.

Five cabinet ministers publicly challenged his leadership and resigned last week. On the weekend, Selinger called on the NDP executive to organize a leadership contest — not a review — at the party's annual convention in March. That means his opponents can no longer hope that he would leave on his own if support in a review were low. Instead, they will probably have to put up a leadership candidate of their own to run against him.

Party officials are still working out details of the race, but Selinger said Wednesday he intends on staying on as premier until the vote.

"I've made great pains to separate the two issues and I think that's the appropriate thing to do," he said.

Selinger said his choice for

Leadership challenge

The leadership challenge comes as Selinger prepares for a throne speech Nov. 20 that will outline the government's agenda for the coming year and open a two-week fall sitting of the legislature.

- The NDP executive has scheduled an emergency meeting Saturday to start sorting out details of a leadership vote.
- Under the party's constitution, the party is not bound to accept the premier's call for a full leadership contest at the annual convention. The provincial council can call a separate convention on leadership at any time, as can a majority of the party's 57 constituency associations.

a leadership contest is based on a little-used provision in the NDP constitution that allows anyone to challenge the party leader at the annual convention. No one has tried to mount such a challenge since the NDP took power in 1999.

The upcoming battle is uncharted territory for the NDP. During the last leadership race in 2009, Selinger was finance minister when he threw his hat in the ring. He and his two competitors resigned their cabinet portfolios on an interim basis. Andrew Swan stepped down from the competitiveness, training and trade portfolio, and Steve Ashton was replaced as emergency measures minister.

THE CANADIAN PRESS



Will Goodon, Manitoba Métis Federation minister of housing and property management, and Kerri Irvin-Ross, Manitoba's minister of housing and community development, announce a new affordable-housing project in North Point Douglas on Wednesday. SHANE GIBSON/METRO

Province, MMF team up to build affordable housing

Historic partnership.

First project will see three homes go up in North Point Douglas



SHANE GIBSON

shane.gibson@metronews.ca

The province and the Manitoba Métis Federation (MMF) have partnered to build new affordable housing in Winnipeg and across the province over the

next five years.

Kerri Irvin-Ross, housing and community development minister, and MMF President David Chartrand were on hand to officially break ground on the partnership's first effort — three new homes on one lot at 132 Hallet St. in Winnipeg's North Point Douglas neighbourhood — on Wednesday afternoon.

"This property will provide homes for three families," said Irvin-Ross. "This will address a huge issue that we have in this

province and a need, a need to build strong communities."

Each of the three 1,000-square-foot units will take up a floor in a three-storey building, according to Irvin-Ross, and each will have three bedrooms. The project is expected to cost \$710,000 and is scheduled to be finished by next spring.

Funding for the project comes through a five-year, \$5.5-million commitment from the province to assist in the new construction of affordable

housing for Métis families.

"It's about affordable housing, but for us it is also about being able to continue the expertise that we've built up over 30 years in the field of housing," explained Will Goodon, MMF minister of housing and property management. "It's something that we want to give back and provide to members of our community."

The partnership is also planning similar housing projects in Brandon and Selkirk, according to the MMF.



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PORTAGE
PLACE

Goldeyes to retire Ace Walker's No. 31

Legend. The pitcher's jersey will be hung up next June

 **BERNICE PONTANILLA**
bernice.pontanilla@metronews.ca

A Fish pitching legend has caught himself a big honour. The Winnipeg Goldeyes an-

nounced on Wednesday that Andrew "Ace" Walker's No. 31 will be retired prior to the June 23, 2015 match against the Gary SouthShore RailCats.

Walker, 31, joined the Goldeyes in 2008 after being a farmhand for the MLB's Texas Rangers.

In 2012, his final season with the Fish, the team captured the American Association Championship.

Andrew Collier, the team's general manager, said in a press release that Walker is "one of the all-time great players to put on a Goldeyes uniform."

"Not only did he set many records during his five seasons with the team, but he always took the time to connect with Goldeyes fans off the field and was a great ambassador for the organization," added Collier.

Walker called the retire-

ment of his number mind-blowing.

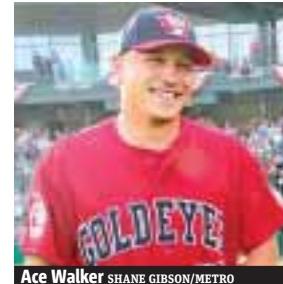
"When I signed with the Goldeyes ... it's not something that I thought was ever going to happen, and it wasn't a goal or anything like that," he said.

"It's something that came about by having really good teammates. My only goal was winning a championship, which we did in 2012. It's really hard to put into words. I didn't

think that something like this would happen to a boy from a small town in Oklahoma.

"I want to thank the Goldeyes organization and my former host family, the Hunts, for letting me play in their city for five years."

Walker holds the team career pitching records for wins (47), complete games (13), games started (105) and innings pitched (692.2).



Ace Walker SHANE GIBSON/METRO



Downtown bomb scare

Police say a backpack left behind on a Winnipeg Transit bus caused a bomb scare downtown Wednesday, closing the city's busiest intersection. Main Street was closed between Portage and Bannatyne avenues after the bag was found around 1:30 p.m. An X-ray by the bomb squad cleared the bag, and the street reopened before 3:30 p.m. SHANE GIBSON/METRO

Notre Dame Avenue

Man charged with sexual assault

A 35-year-old man has been arrested following a sexual assault investigation.

Police said that, on the evening of Nov. 7, the man and a female friend were at a residence in the 1500 block of Notre Dame Avenue, when a serious sexual assault occurred. It was reported to police, and members of the sex crimes unit became involved.

Lawrence James Smail has been charged with sexual assault and breach of recognizance. METRO

Stolen truck

Canine unit tracks suspect

At about 3:35 a.m. on Tuesday, officers responded to reports of a stolen Chevrolet Silverado in the Crestview area. They gave chase but had to abandon their pursuit.

Police later found the abandoned vehicle in the 4000 block of Roblin Boulevard, and with the assistance of the canine unit, tracked a suspect to the 3700 block of Vialoux Drive.

Shawn Gordon Blanco, 19, has been charged with several offences. METRO



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Federal finances. \$1.9B surplus projected for 2015, \$4.5B less than expected

Next year's federal budget surplus will be \$1.9 billion, the Finance Department says — \$4.5 billion less than expected, thanks in large part to the Harper government's multibillion-dollar cost-cutting proposals for families.



Federal Finance Minister Joe Oliver
THE CANADIAN PRESS

The expected surplus, unveiled Wednesday in the government's fall fiscal and economic update, is a far cry from the \$6.4-billion surplus projected in February's budget. That's because of the Conservative government's recently announced family-friendly tax and benefit initiatives, which will consume an estimated \$27 billion from public coffers between 2014-15 and 2019-20.

Finance Minister Joe Oliver, who delivered the update at a

luncheon in Toronto, defended the measures, which include higher child-care benefits and a controversial income-splitting plan for families with children.

"We are providing families this financial relief for a simple reason," Oliver said. "Across Canada, Canadians are telling us the same thing."

"The cost of everything, from groceries, to hydro, to housing, is going up."

The update projected that Canada would run a \$2.9-billion shortfall this fiscal year, matching the government's projection in the federal February budget.

Nonetheless, the federal government is projecting five straight years of surpluses: \$4.3 billion in 2016-17, \$5.1 billion in 2017-18, \$6.8 billion in 2018-19 and \$13.1 billion in 2019-20.

In the short term, however, it remains unclear whether the Harper government will have enough leftover cash to introduce additional cost-cutting.

THE CANADIAN PRESS



'Who is this human blocking my light?'

Cue the Caddyshack jokes. It may not be dancing — and whether it's a gopher or a marmot or prairie dog is unclear — but this rodent selfie taken by Stacey Wallace of Vancouver has become an Internet sensation with more than one million views and counting. Wallace took the photo at B.C.'s Manning Park, when the critter popped out of its hole in search of nuts. **IMGR**

Israel

Kevin Vickers gets warm greetings in Jerusalem

Hailed as a hero at home, the House of Commons' sergeant-at-arms is now getting a celebrity welcome abroad.

But Kevin Vickers is greeting the international attention with the same modesty that characterized his response to the outpouring of support at home in the wake of the deadly attacks of Oct. 22.

In Jerusalem to attend an international security conference on Wednesday, Vickers was invited to meet Israel's prime minister and other government officials and was honoured by the Israeli parliament, the Knesset.

The trip had been arranged prior to the attack on Parliament Hill, where Vickers was credited with taking the fatal shot at an armed gunman who ran into Centre Block minutes after killing a soldier at the National War Memorial. **THE CANADIAN PRESS**

Perform a random act of softness.

When you buy an IKEA soft toy from November 2nd to January 4th, \$1 will be donated to UNICEF and Save the Children to help provide those in need with an education.

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Viral video. Police say no reason to probe homeless man who set hair on fire

An online video of a Vancouver homeless man being goaded into setting his hair on fire has sparked outrage, though police are not investigating the incident.

The video titled Crack-head Lights Hair On Fire posted to the LiveLeak website was apparently filmed Sunday in a bar district and has generated more than 50,000 views.

The smartphone-quality footage shows a man flicking a lighter by his right ear while young men off screen

are heard egging him on. The man hardly responds when the back of his head bursts into flame, while one person urges him to stop as others laugh and the man puts out the fire with his hand.

Const. Brian Montague said that although the video is disturbing, there is no overt force from another person suggesting assault.

"With the short video only, it is difficult to say this is criminal in nature" Montague said.

THE CANADIAN PRESS

Lethal control programs

Hunted wolves stressed out: Study

Wolves in areas where they are heavily hunted have higher levels of stress and reproductive hormones which alters a wolf pack's elaborate social structure and might have evolutionary

consequences, says a study by scientists from B.C., Alberta and Israel.

The Raincoast Conservation Foundation, which opposes B.C.'s grey wolf management plan, says the study highlights that lethal control programs should take psychological and social effects on animals into account, not just numbers.

THE CANADIAN PRESS

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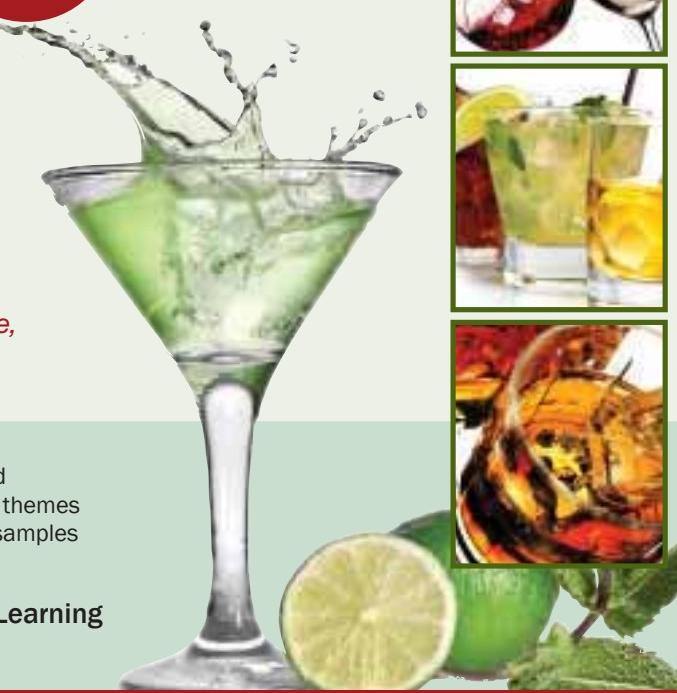
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Canadians double time spent online, study finds



Short-track speed skater Francois Hamelin checks his iPad during a training session earlier this year. Apps for smartphones and tablets are powering a spike in how much time Canadians spend online, a study by comScore found.

CLIVE MASON/GETTY IMAGES

Not a PC world. About 1.3 million Canadians now strictly use mobile devices to go online, comScore says

As Canadians continue to get hooked on their smartphones, tablets and streaming video, they're almost doubling the time they spend online, according to measurement firm comScore.

As of August, there were about 27.8 million Canadian adults accessing the Internet with a computer, com-

Smartphones

78%

About 78 per cent of all Canadians owning a cellphone were using a smartphone — second highest behind Spain among the countries comScore tracks (and ahead of the U.K., the U.S. and Italy).

Score reports. On average, they spent almost 39 hours a month browsing the web with a desktop or laptop. But when accounting for watching Internet video and using mobile devices, the average time spent online shot up to nearly 75 hours a month.

Canadians in the 25-to-34 demographic were seen to be spending the most time online, averaging around 110 hours a month. Only about 50 of those hours were linked to web browsing on a computer.

The oldest Canadians tracked by comScore, ages 55 and older, were spending just 20 or so hours with a mobile device or streaming video a month. The bulk of their online hours were devoted to web browsing on a computer.

App usage accounts for over 80 per cent of the time Canadians spend online with a mobile device, versus just 20 per cent spent using a web browser, comScore says.

THE CANADIAN PRESS

Great catch. Alberta fishermen discover duck-billed dino fossil

Severe flooding in southwestern Alberta in 2013 may be responsible for two fishermen's discovery of an 80-million-year-old fossil of a possible new species of dinosaur.

A 1,300-kilogram boulder the men found in the Castle River, southwest of Lethbridge, in September contains a partial skull, neck and chest of a duck-billed dinosaur.

Officials at the Royal Tyrrell Museum believe floodwater dislodged the big rock and sent it rolling down the river where the fishermen spotted it.

"It is rather surprising that any part of dinosaur fossil could survive being tumbled in a river full of cobbles and boulders," said Dr. Donald Henderson, curator of dinosaurs.

"Therefore, we needed to quickly remove the specimen from the river system to save it for scientific research. Due to the precarious location of the block in the river, the specimen needed to be airlifted by helicopter."

Henderson said hadrosaur fossils are common in several parts of southern Alberta but this find is different.

"These animals were very common in cretaceous Alberta,

but this is an entirely new area to find dinosaurs for us, and gives us hope that we might find more in the future," said Henderson.

The retrieved specimen will undergo research by museum scientists over the next several months to determine whether it is a new species.

Royal Tyrrell spokeswoman Carrie-Ann Lunde said paleontology staff believe the skull is intact and in its original shape. This is considered surprising as fossils are typically found crushed and flattened.

"Something must have happened so that it actually encased the whole dinosaur with sand or mud or something and preserved it three dimensionally," she said.

"It's a cool specimen on multiple layers. Because it is in this very heavy rock it survived, it's encased three dimensionally, it is potentially a new species and it is so well intact."

Hadrosaurs were herbivores and have been found in Asia, Europe and North America.

They are also known as duck-billed dinosaurs due to the similarity of their head to that of modern ducks.

THE CANADIAN PRESS



A block containing a partial dinosaur skull, neck and chest has been safely extracted from the Castle River in Alberta. GOVERNMENT OF ALBERTA/THE CANADIAN PRESS

2015 federal election

Angry veterans call on serving soldiers to help defeat Tories

A group of angry veterans, who want the Harper government defeated in the next election, is appealing to serving members of the military to join them in protest.

Ron Clarke, a member of Canada Coalition for Veterans who has been campaigning against the closure of Veter-

ans Affairs offices, made the appeal today during a Parliament Hill news conference.

It may put those in uniform in an awkward position, but Clarke says they need a government that looks after veterans.

Last week, a group of outspoken veterans advocates announced that six organizations had formed a coalition that would, at a minimum, boycott government announcements and photo-ops.

THE CANADIAN PRESS

CBC execs shown video of woman's injuries

Ghomeshi. Broadcaster fired Q host after images from his phone showed bruises apparently caused by a cracked rib, sources say

Leading up to the weekend of October 25-26, two CBC executives were invited to the Toronto offices of Denton LLP, a law firm retained by the then Q host Jian Ghomeshi, who was facing allegations that his alleged rough treatment of women was about to become front page news.

After hearing and seeing Ghomeshi's side of the story on Thursday, Oct. 23, CBC executives Chris Boyce and Chuck Thompson left Denton and reported to their bosses that it was "much bigger than we ever thought," a source told Torstar News Service. Ghomeshi was put on leave of absence that day.

According to sources, the CBC executives were shown a variety of information, including a video and text messages, by the Denton lawyers in attendance at the meeting.

Sources say that the video is of a woman who Ghomeshi had dated in the past 10 years. The video shows bruising to the woman's body (she is partially covered in the video) and information provided to CBC that weekend, including text messages Ghomeshi had on his phone, refer to a "cracked rib." A large bruise could be seen on the side of her body.

As Torstar has reported previously, Ghomeshi showed information that, in his opinion, revealed how a person can be bruised during sex and it could



Former Q host Jian Ghomeshi faces multiple allegations of assault.

CHRIS YOUNG/THE CANADIAN PRESS

"still be consensual," said one source with a close connection to Ghomeshi's strategy that day. Ghomeshi has said he is a practitioner of BDSM — bondage-dominance-sadism-masochism.

Ghomeshi refers to his meetings in his \$55-million lawsuit against CBC, filed in court after his firing. In the suit, he states that in the days leading up to his firing he showed "sensitive and private exchanges" involving a woman he had a relationship with. Ghomeshi states that after he showed the material, CBC was satisfied that he "had not engaged in non-consensual sex."

The women have told Torstar of bruising, including bruising to the face and head, often in areas of the head covered by hair. Women who have made these allegations say they did not consent to these attacks.

Ghomeshi has not provided detailed responses to questions

In Torstar's ongoing investigation into allegations that Ghomeshi has attacked women on dates, women have alleged that they have been struck with open and closed hands on various parts of the body and choked. Torstar has heard of multiple allegations from women interviewed as part of the paper's investigation.

The women have told Torstar of bruising, including bruising to the face and head, often in areas of the head covered by hair. Women who have made these allegations say they did not consent to these attacks.

Ghomeshi has not provided detailed responses to questions

Investigation

Toronto police are investigating allegations from three women who have come forward.

from Torstar, though he has said in a statement posted on Facebook that all of his sexual activities are consensual.

In the Facebook posting he refers to his meeting with CBC in late October.

"On Thursday I voluntarily showed evidence that everything I have done has been consensual. I did this in good faith and because I know, as I have always known, that I have nothing to hide," Ghomeshi wrote.

"CBC execs confirmed that the information provided showed that there was consent. In fact, they later said to me and my team that there is no question in their minds that there has always been consent. They said they're not concerned about the legal side. But then they said that this type of sexual behaviour was unbecoming of a prominent host on the CBC," Ghomeshi stated in his posting.

Ghomeshi, writing to his legions of fans two weeks ago, said that he understands that his preferred approach to sex may not appeal to everyone.

He said his practices may be "strange, enticing, weird, normal, or outright offensive to others. We all have our secret life."

According to sources, CBC did not leave the meeting at Ghomeshi's law firm with the original video or a copy of the video.

TORSTAR NEWS SERVICE

U.S.-China climate deal may force Canada to keep pace

Canadian policy-makers can expect to come under intense pressure now that the United States and China have reached a ground-breaking agreement on curbing greenhouse gas emissions.

The Conservative government in Ottawa has long argued that curbing Canada's emissions on the global scale

was not a priority when major emitters were unwilling to act.

Regulation of the oil and gas sector has been promised — and delayed — for years, even as the country falls well behind on its international commitment to curb emissions 17 per cent below 2005 levels by the year 2020.

The surprise announcement

from U.S. President Barack Obama in Beijing commits Canada's dominant trading partner to even deeper emissions cuts by 2025.

David McLaughlin, the former head of the federal Round Table on the Environment and the Economy, says the bedrock of federal climate policy has always been alignment with

Washington — but Canada is now clearly falling behind.

Environmental groups say Canada has run out of excuses for its inaction on emissions, while China's new commitment to renewable energy means Canada could miss out on a global economic boom in clean technology.

THE CANADIAN PRESS

Former NHL star Theo Fleury looks to second career – helping others

'I was put on this Earth to help.' He's constantly on the move, doing everything from giving talks to writing music

Theo Fleury has come a long way.

The former NHL star has seemingly escaped the chokehold of addiction and now wears a smile on his face. His mission today is to help others escape their emotional pain.

Fleury chronicles his spiritual journey in a new book called *Conversations With a Rattlesnake*, co-written with therapist Kim Barthel.

"Helping is healing" is a key theme.

"It's my purpose," Fleury writes. "I honestly believe it's more important than my hockey career. I was put on this earth to help."

Fleury calls Barthel the

"Wayne Gretzky of therapy."

She says Fleury's intellectual capacity is "pretty extraordinary," shown by his ability to take in information, assimilate it and act on it.

Now 46, Fleury still sees himself as a work in progress. But his life journey is no longer two steps forward, one step back.

"It's only a half-a-step back now or a quarter-step back," Fleury said in a recent interview. "Because I have tools."

"Nice," interjected Barthel.

"Whereas before I didn't have any tools," Fleury continued. "I reached in my toolbox and I couldn't even build a square box ... because I didn't have anything. Now I have a few screws, a screwdriver. So I can build some stuff."

The exchange, in the restaurant of a downtown hotel, reads like an excerpt from *Conversations With a Rattlesnake*.

The book is written in the form of an extended conversa-

tion between Fleury and his therapist. It's the product of "two and a half years of constant conversation," according to Barthel.

"The difficulty was I couldn't keep up with Theo," she said. "He would change so fast that all of the transcripts from the recordings, they were way out of date by the time I would get to them."

"In essence everything got written in about four months. But the transformational process was over a two-and-a-half-year conversation, daily conversation."

Barthel, who now teaches therapists, says it is not traditional therapy — if for no other reason that no one would have as much access to a therapist as Fleury did. It was also a collaborative, rather than a patient-therapist, relationship.

Fleury evolved over the months, with the first 18 months leading up to the real meat of the discussion.

The book comes in a challenging format. But the give-and-take between the two does show movement and how they reached their conclusions. It's like being a silent partner in a marathon self-help session.

Barthel says people seem drawn to the former hockey player by his honesty and vulnerability, reasoning that if he can change his life, so can they.

THE CANADIAN PRESS

Two faces of Fleury

Fleury's autobiography, *Playing with Fire*, was released in 2009. An HBO Canada documentary came out in 2012.

- Both detail his life spiral. The bleak image of Fleury standing outside a Chicago crack house he used to frequent is hard to forget.



Former NHL hockey star Theo Fleury poses for a photograph in Toronto in 2009. Fleury has come a long way in recent years. The former NHL star has seemingly escaped the chokehold of addiction and wears a smile on his face. His goal nowadays is to help others avoid the pain he went through.

NATHAN DENETTE/THE CANADIAN PRESS

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London. New book: Jesus, Mary Magdalene tied knot

A researcher who has been criticized for his revisionist Biblical theories says he has new evidence that Jesus was married to Mary Magdalene and that early Christians considered her a deity.

Canadian-Israeli documentary-maker Simcha Jacobovici says an ancient manuscript in the British Library offers a glimpse at an early version of Christianity.

"This shows that Mary Magdalene really got ripped

off" in theology, Jacobovici said Wednesday at the launch of *The Lost Gospel*, a book co-authored with York University religious studies Professor Barrie Wilson.

But many religious scholars are skeptical about the theory, which is based on *The Story of Joseph and Aseneth*. Jacobovici and Wilson studied a 1,500-year-old Syriac-language version of the story in the London library.

THE ASSOCIATED PRESS



Simcha Jacobovici, left, and Barrie Wilson hold an ancient manuscript they say proves Jesus was married to Mary Magdalene. THE ASSOCIATED PRESS

Trade Center workers trapped 69 stories up

New York. Firefighters cut hole in new tower's glass to pull window washers to safety an hour later

Two window washers were trapped for more than an hour Wednesday on scaffolding dangling 69 stories up the side of 1 World Trade Center before firefighters cut through the glass and pulled them to safety.

The dramatic rescue occurred on the south side of the 104-storey building, where the open-topped platform hung at about a 45-degree angle and swayed slightly in the wind.

The fire department said the workers were tethered and communicating with rescuers during their ordeal.

A cable on the scaffolding



Two workers dangle 69 storeys up, until firefighters cut a hole in the glass to rescue them. KATHY WILLENS/THE ASSOCIATED PRESS

apparently broke at about 1 p.m., according to Joe Pentangelo of the Port Authority of New York and New Jersey, which owns the building.

Rescuers could be seen

dropping cables to workers, and the fire department tweeted a photograph of rescuers inside the building looking at the dangling platform. The hole cut into the

thick glass was six feet tall, even with rescuers' heads as they stood at the precipice. The workers were brought through it at about 2:15 p.m.

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Celebrating scientists in the main control room appear on a video screen at the European Space Agency after unmanned spacecraft Philae landed on a comet called 67P/Churyumov-Gerasimenko on Wednesday. MICHAEL PROBST/THE ASSOCIATED PRESS

Space touchdown!

Glimpse into the past.
Scientists hope Philae's comet-landing data will unlock some of Earth's early secrets

Hundreds of millions of miles from Earth, a spacecraft made history Wednesday by successfully landing on the surface of a speeding comet — an audacious first designed to answer the universe's big questions.

The landing on comet 67P/Churyumov-Gerasimenko required precision, as even the slightest error could have resulted in cosmic calamity.

Indications were that the spacecraft touched down almost perfectly, save for an unplanned bounce, said Stephan Ulamec, head of the lander operation.

But thrusters that were meant to push the lander,



This image released by the European Space Agency on Wednesday was taken by Philae during its descent toward the comet.

ESA/THE ASSOCIATED PRESS

called Philae, onto the surface, and harpoons that would have anchored it to the comet failed to deploy properly. Initial data from the spacecraft indicated that it lifted off again, turned and then came to rest.

"Today we didn't just land once; we maybe even landed twice," said Ulamec.

The landing team at mis-

sion control in Darmstadt, Germany, first had to sweat through a tense seven-hour countdown that began when Philae dropped from the agency's Rosetta space probe as both it and the comet hurtled through space at 66,000 kilometres an hour.

The landing is the highlight of Rosetta's decade-long mission to study comets and learn more about the origins of these celestial bodies. Scientists have likened these comets — believed to number in the trillions — to time capsules that are virtually unchanged since the earliest moments of the universe.

"By studying one in enormous detail, we can hope to unlock the puzzle of all of the others," said Mark McCaughrean, a senior scientific adviser to the mission.

The mission will also give researchers the opportunity to test the theory that comets brought organic matter and

Canadian contributions

Two Canadian companies were bursting with pride after playing small but important roles in the historic landing of a spacecraft on the surface of a comet.

- **SED Systems.** Based in Saskatoon, the company built three ground stations the ESA used to communicate with the Rosetta spacecraft.
- **ADGA-RHEA.** This Ottawa-based company provided software that handles the lander's complex operation procedures and commands.

THE CANADIAN PRESS

water to Earth billions of years ago, said Klim Churyumov, one of the two astronomers who discovered the comet in 1969.

THE ASSOCIATED PRESS

Evasive manœuvres

ISS avoids collision with space debris

The International Space Station is out of harm's way after flying higher to avoid space junk.

Flight controllers raised the station's orbit by a mile Wednesday due to small debris from an old Chinese satellite that was going to come dangerously close. Had they not, by late morning the debris would have come within seven tenths of a mile of the ISS's location. THE ASSOCIATED PRESS

Wisconsin

Girl accused of murder fit for trial

A state doctor believes the mental condition of one of two girls accused of stabbing a classmate to please the fictional horror character Slender Man has improved and she is fit to stand trial, a Wisconsin judge said Wednesday.

The judge had ordered mental health treatment for the girl, 12, who claimed to see and hear things, including unicorns, Slender Man and Voldemort of Harry Potter fame. THE ASSOCIATED PRESS

South Carolina

Judge strikes down same-sex marriage ban

A federal judge on Wednesday ruled South Carolina's same-sex marriage ban to be unconstitutional, but gave the state a week to appeal.

U.S. District Judge Richard Gergel, ruling in the case of a same-sex couple who sued to be married, found South Carolina's state constitutional ban "invalid as a matter of law."

THE ASSOCIATED PRESS

Space tourism

Co-pilot unlocked re-entry brakes: NTSB

The surviving pilot of the Virgin Galactic spaceship that tore apart over the Mojave Desert was thrown clear of the disintegrating craft and did not know his co-pilot had prematurely unlocked the re-entry brake system, federal investigators said Wednesday. The National Transportation Safety Board did not provide any details on what caused SpaceShipTwo to crash Oct. 31. THE ASSOCIATED PRESS

Ebola. Hospital that treated only U.S. patient to die settles with family

The hospital that treated the only Ebola patient to die in the United States will pay his relatives an undisclosed sum and create a charitable foundation in his name, the family's attorney said Wednesday.

The agreement heads off a potential lawsuit from relatives of Thomas Eric Duncan, who died Oct. 8 at Texas Health Presbyterian Hospital Dallas.

Duncan was initially sent away from the hospital's emergency room with antibiotics, something hospital administrators have acknowledged was a mistake. He would return to the hospital in an ambulance two days after his release and was quickly diagnosed with possible signs of Ebola, which has killed more than 5,000 people in West Africa.

Attorney Les Weisbrod declined to say how much the settlement was worth but said it was a "very good deal" that would provide for Duncan's parents and his four children. Texas Health Presbyterian Hospital said in a statement that it was "grateful to reach this point of reconciliation and healing for all involved."

Weisbrod and Duncan's

nephew, Josephus Weeks, both credited Presbyterian's officials for moving quickly to settle the case and for acknowledging the hospital's mistakes.

Duncan's family would have faced a very high bar had they filed a lawsuit against the hospital. Texas medical malpractice law places a \$250,000 limit on non-economic damages related to pain and suffering.

It also gives extra protection to emergency-room doctors and nurses. Instead of just proving that Duncan's doctors were negligent in his care, Duncan's family would have to prove that any negligence was "wilful and wanton" — essentially, that doctors knew they were causing harm when they treated Duncan. THE ASSOCIATED PRESS



Mai Wureh, sister of deceased Ebola victim Thomas Eric Duncan.

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Will YouTube hit right note with Music Key?

Google is remixing the music on its YouTube video site with the addition of an ad-free subscription service, dubbed Music Key, and a new format designed to make it easier to find millions of songs that can still be played for free. After a promotional period, Music Key will cost \$10 US per month. **THE ASSOCIATED PRESS**

Market Minute

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William Boyd's latest book brought to you by Land Rover

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Author's branded book has shaken and stirred the literary community

Soon after turning out the latest James Bond novel, British author William Boyd agreed to write another thriller based on a world-famous brand.

The Land Rover.

Boyd's nearly 17,000-word story, *The Vanishing Game*, coming out Wednesday as a free download through Amazon.com, Apple and www.the-



William Boyd
THE ASSOCIATED PRESS

vanihinggame.com, tells of a 35-year-old British actor named Alec Dunbar and the troubles he encounters when a pretty young woman convinces him to deliver a flask filled with clear liquid from London to Scotland. His transport is a certain four-wheel-drive vehicle.

Boyd, paid in the low six figures for the project, said he signed on because Land Rover made so few requests.

"They said they wanted an adventure and they said, 'Somewhere in this ad-

venture it would be good if a Land Rover appeared,'" the 62-year-old author said during a recent telephone interview. He said it was left entirely up to him how prominent a role the vehicle would play.

"I invented the story, I invented the characters, I invented the locations," said Boyd, whose novels include *The New Confessions of Brazza* and *Beach*.

Boyd's story can be read as a traditional book or as an interactive narrative through the dedicated website. An audio track features a voiceover and music. Photographs and moving images provide a backdrop to the words.

If *The Vanishing Game* itself cannot be called "a Land Rover story," the company provides other reminders. The Land Rover logo appears at the top of the screen, and the occasional word or phrase, such as "river" or "cross country," links to a picture of a Land Rover or a real-life

story about a Land Rover user.

The literary community has mostly shunned commercial endorsements, although there are precedents for Boyd's book. In 2001, Fay Weldon was commissioned by Bulgari to write *The Bulgari Connection*, in which she worked in references to the jewelry company. Julia Alvarez

wrote a poem for Absolut vodka, and several authors, including Elmore Leonard and Lisa Scottoline, contributed essays for a 1990s Coca-Cola campaign. A recent e-book, Hillary Carlip's *Find Me I'm Yours*, was funded in part by the makers of Sweet'N Low.

THE ASSOCIATED PRESS



Getty Images file

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Invasion of the drones

The U.S. government is getting near-daily reports — and sometimes two or three a day — of drones flying near airplanes and helicopters or close to airports without permission, federal and industry officials tell The Associated Press. It's a sharp increase from just two years ago when such reports were still unusual.

Many of the reports are filed with the Federal Aviation Administration by airline pilots. But other pilots, airport officials and local authorities often file reports as well, said the officials, who agreed to discuss the matter only on the condition that they not be named because they weren't authorized to speak publicly. Michael Toscano, president of a drone industry trade group, said FAA officials also have verified the increase to him.

While many of the reports are unconfirmed, raising the possibility that pilots may have mistaken a bird or another plane in the distance for a drone, the officials said other reports appear to be credible.

The FAA tightly restricts the use of drones, which could cause a crash if one collided with a plane or was sucked into an engine.



A man launches a small drone to fly over the scene of an explosion in New York in March. U.S. government officials have been inundated with reports of drones flying near aircraft and airports without permission. **THE ASSOCIATED PRESS FILE**

Small drones usually aren't visible on radar to air-traffic controllers, particularly if they're made of plastic or other composites.

"It should not be a matter of luck that keeps an airplane and a drone apart," said Rory Kay, a training captain at a major airline and a former Air Line Pilots Association safety committee chairman. "So far we've been lucky because if these

things are operating in the sky unregulated, unmonitored and uncontrolled, the possibility of a close proximity event or even a collision has to be of huge concern."

The FAA requires that all drone operators receive permission from the agency, called a certificate of authorization, before they can fly their unmanned aircraft. **THE ASSOCIATED PRESS**

IN WHICH JOHN STARTS GOING TO YOGA

I've started attending yoga classes.

You'll notice I didn't say I'm DOING yoga, because that would involve athletic poses and rhythmic breathing and other yogic things I haven't mastered yet because I spend most of each class lying motionless and sucking air, like I'm doing my best Iron Lung impression.

The classes have been a long, difficult journey (both of them), but they're necessary. My girlfriend's been suggesting yoga for months, because she noticed that my joints have the same range of motion as the original 1980s Star Wars figures—the ones where the Jedi's were all karate experts because the only way to hit Darth Vader was with a downward chop. I don't think I'll ever get my body to GI Joe swivel-arm battle grip, but I'm hopeful with yoga I'll reach Masters of the Universe twist-waist, power-punch action.

It's been a long time coming. I've avoided yoga for 20 years because I read an interview once where a studio owner said, "It's best



HE SAYS
John Mazerolle

metronews.ca

to do yoga in the morning when the world's magnetic field is strongest," when any fool knows that the Earth's magnetic field peaks at 4 p.m., after a brief nap. I figured arguing about pseudoscience was not the best path to inner peace, so my girlfriend assured me she'd choose a no-nonsense teacher, which meant I could focus entirely on how much pain I'm in.

And how'd it go? Great! I was terrible at everything, which took a lot of pressure off. My biggest problem was that the instructor said not to look up from my poses, but I had to because the instructions make no sense if you've never heard them before.

For instance, people in yoga seem to call the butt area the sit bones. "Check out Kim Kardashian's sit bones!" is a common phrase among yoga practitioners.

So I'd have my head down and I'd hear something like "Heel-toe, now lunge your sit bones, breeeeeath into the belly of your hamstrings, and invert yourself!"

No more chasing tail



Red deer graze following the end of the rutting season on Wednesday in Glen Etive, Scotland. The rutting season sees the large red deer stags compete against each other for mating rights and they can be heard roaring and bellowing in an attempt to attract the hinds. The rut draws to a close in early November when the males will spend the winter feeding to regain strength for the following year's season. JEFF J. MITCHELL/GETTY IMAGES

Calm after mating storm for red deer

After months of butting horns, chasing tail and avoiding gunshots, the male red deer population of Scotland can finally relax and look forward to quieter times.

The exhausting rutting season has just come to an end in

Glen Etive, Scotland.

Deer and other ruminant mammals engage in rutting season, which is triggered by shorter day lengths, in the fall.

During this mating season, stags will rub their antlers on trees, fight each other (sometimes leading to serious injury) and attempt to herd

females in estrus together.

Since throwing caution to the wind in their attempt to hook up with as many females as possible makes them easy targets, the breeding season is also a popular time for hunting.

The stags are often in rough shape after the rut, and now is the time for them to rest. METRO

Weight loss

20%

All that chasing and fighting can result in a huge weight loss. Some research shows losses of as high as 20 per cent of a stag's total body weight.

Personal journey

I was terrible at everything, which took a lot of pressure off.

I'd glance up half expecting to see my classmates inside out, their internal organs looking blissful, but instead I'd see my instructor saying, "Don't look up!"

So I was graceless and clueless. I did have one thing going for me, though: I didn't care. My girlfriend always comes back from class with a mental chart of where she ranked amongst her classmates in yoga skill, which seems like wasted effort if you're not in the World Yoga Championships.

My imperviousness to outside criticism has a nice yoganess to it, though I guess being proud of it kind of ruins it too, so I'll shut up now. And if anyone wants to make fun of me for trying yoga, no matter how ineptly, I suggest we step outside so I can kick your sit bones up and down the street. Namaste.

MetroTube

Puppy ploy



ANDREW FIFIELD

andrew.fifield@metronews.ca



The dogs we know and love today began diverging from wolves after they figured out that hanging around people and snacking on trash was a better deal than buffalo hunts. And then evolution took care of the rest. Well, Charlie the Beagle's attempt to barter a beloved toy for a some sweet, sweet table scraps is the next stage of that evolution — a domestic animal merchant class. Just keep them away from any copies of *Atlas Shrugged*. (CharlieDaDog/YouTube)



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SC Mira may just be making a musical deal with the devil

Upcoming EP.

Following a freaky Halloween mix tape, duo preps for release of their debut album, Waiting Room Baby



BACKSTAGE PASS

Jared Story
winnipeg@metronews.ca

SC Mira sold its soul for rock 'n' roll.

OK, not really, but in October, the Winnipeg band released a Halloween mixtape titled Candy Apples and Razor Blades, a three-song medley that features two tracks from Brian De Palma's 1974 musical film Phantom of the Paradise, as well as a cover of Halloween by horror punk pioneers The Misfits.

Released in 1974, Phantom of the Paradise combines The Phantom of the Opera, The Picture of Dorian Gray and Faust, in which Winslow Leach, a composer and singer, makes a deal with the devil, the devil in this case being a satanic record producer named Swan.

The film failed at the box office everywhere but Winnipeg, where it ran for four months and then on and off until 1976. The soundtrack sold an amazing 20,000 copies in Winnipeg alone.

"I grew up watching it," says guitarist/vocalist SC, which stands for Stephanie Catherine. Mira is her grandma's name.

"I've seen that movie so



SC Mira open for Canadian hip hop artist Buck 65 at the Pyramid Cabaret on Saturday. TRAVIS ROSS

many times. My dad showed it to me and my siblings as kids, and I remember thinking it was so scary."

"Winslow's mask still freaks me out," adds guitarist Tyler Wagar.

The mixtape is a teaser to SC Mira's debut EP, Waiting Room Baby, which was mixed by Arcade Fire producer Howard Bilerman and is set to be released in spring of 2015.

In August, SC Mira released the EP's first single, On My Own, which was inspired

by SC's battle with cancer. At age 19, the now 24-year-old was diagnosed with cancer in her knee.

"I had a lot of surgeries and it's still a physical struggle for me," she says.

"There were a lot of complications so I still can't really get around totally OK, and I break my foot all the time by walking on it."

"That's what On My Own is about, being stuck and wanting to move forward and still being held back by this presence."

Quoted

"My dad showed it to me and my siblings as kids, and I remember thinking it was so scary."

Stephanie Catherine of SC Mira on Brian De Palma's 1974 film Phantom of the Paradise

Actually at one of our Toronto shows I had to go to the emergency room because I thought I broke my foot again."

"We finished the show and carted her off to the hospital. Rock 'n' roll," Wagar adds.

SC Mira is currently tour-

ing western Canada as the supporting act for hip-hop artist Buck 65. The band will open for Buck at the Pyramid Cabaret on Saturday. Tickets are \$25 at the Pyramid, Into the Music, Soul Survivors and Ticketmaster. Showtime is 9 p.m.

TODAY'S TIP

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Andy Cohen, left, speaks with Teresa and Joe Giudice from The Real Housewives of New Jersey on his show, Watch What Happens Live. In his new book, Cohen discusses both his talk show and his role as a Real Housewives producer. CHARLES SYKES/BRAVO

Housewives exec offers up some of his own reality

Books. Andy Cohen initially left a lot of things out of his new memoir, then went back and filled in gaps

Reading another person's diary is usually the stuff of daydreams or snooping, but Bravo Media's Watch What Happens Live host Andy Cohen is opening up his journal in *The Andy Cohen Diaries: A Deep Look at a Shallow Year*.

The book, published by Henry Holt and Co., is inspired by *The Andy Warhol Diaries*, published after the artist's death.

Cohen sat down at a midtown New York steakhouse owned by a close friend (often mentioned in his book) for a recent interview. He has a regular table across from his caricature that decorates the wall, along with hundreds of drawings of other celebrities.

The 46-year-old knows the staff and greets them by name. "It's my Regal Beagle," he joked, referring to the '70s sitcom *Three's Company*.

He talked about sharing

his diary and being an executive producer of *The Real Housewives* shows.

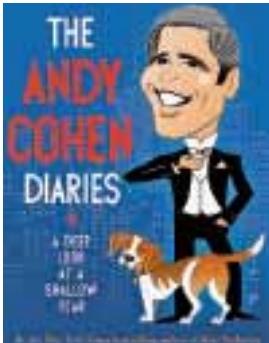
Is it strange to put yourself out there and let people see who you are?

Yes, at first I went into this and I was like, 'I'm not going to talk about dating or boyfriends.' Then, months later, I went back and filled stuff in ... I was like, 'I'm just putting all this in there. It's just fun.' ... The longer you do something, you feel more open to the process.

There's an original entry about a Britney Spears interview where I had edited myself. I went back and was like, 'I need to put my real impressions of that day.' I have to book my show; I don't want to sell out my guests, but if Mariah Carey comes in, I want to tell people what that experience was like.

Will your fans know you better after reading this book?

I think they know a version of me (now). I think when you're live on TV in an unscripted environment, a lot slips through the cracks.



Quoted

"I don't want to sell out my guests, but if Mariah Carey comes in, I want to tell people what that experience was like."

Andy Cohen, host and producer, on his decision to pull no punches in his book

of your real self. People can read my face, they know what I'm thinking.

What's it like when you have friends as guests on your show? (Cohen's close pals include Sarah Jessica Parker, Liam Neeson, Anderson Cooper and Kelly Ripa.)

I remember one of the first times Sarah Jessica was on, I asked her about dating J.F.K. (John F. Kennedy) Jr., which is something we've certainly talked about off-camera. And I remember I turned to her in the commercial break and was like, 'Was that OK?' She gave me a sign, like it was fine, but surprising.

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Zachary Quinto ALL PHOTOS: GETTY IMAGES

Zachary's Out on his views about gay community

For Out magazine's 20th anniversary edition of its annual list of the most prominent LGBT personalities, the Out 100, the editors couldn't decide on a single honouree to feature on the cover. So they picked four. Copies of the magazine are going out featuring Zachary Quinto, Ellen Page, Sam Smith and Orange is the New Black star Samira Wiley. And they even get fun honorary titles, though they kind of all sound like the same thing: Quinto is the artist of the year, while Page is the entertainer of the year, Smith is the breakout of the Year and Wiley is the ingenue of the

year. Go ahead, switch those around and see if anything really changes. Quinto, for his part, uses his time with the magazine to try to combat an encroaching blasé attitude, especially among younger members of the gay community.

"I think there's a tremendous sense of complacency in the LGBT community," he says. "AIDS has lost the edge of horror it possessed when it swept through the world in the '80s. Today's generation sees it more as something to live with and something to be much less fearful of. And that comes with a sense of, dare I say, laziness."

The Word



Yes, Kim's a mom, butt can you expect any better of her?

NED EHRLICH
Metro in Hollywood

It's still unclear whether Kim Kardashian's oiled-up, tush-exposing cover shot for Paper "broke the Internet," as the magazine was hoping — some might say it's been broken for a while already — but people definitely have opinions about

it. While husband Kanye West was clearly supportive of her efforts, others were less than pleased. Comedian Billy Eichner went on a tear, offering several tweets about the photo, the best being, "Oh God look at what Renee Zellweger did now!" But others didn't find the situation so humorous. Glee star Naya Rivera popped up on Kardashian's Instagram post with the comment, "I normally don't, but ... you're someone's mother." True, but she also built a multimillion-dollar media empire off of just one homemade sex tape, so let's not all act so surprised.

Twitter



@joelmcchale

Alright turkeys. If you have anything else you want to say to your families, now's the time to say it.



@SethMacFarlane

Hey elephants: FYI you guys are f---ing HUGE. Stop letting everyone s--- on you.



@AlbertBrooks

I have to point out that no one has seen Garth



Nia Vardalos

My Big Fat Greek Wedding is getting a honeymoon

It's only taken 12 years, but you're finally getting that My Big Fat Greek Wedding sequel you didn't really ask for. Nia Vardalos will once again write and star alongside John Corbett — apparently both were still available

— in a sequel that will feature yet another wedding and, I'm assuming, a fresh take on how kooky Greek-Americans are. What to Expect When You're Expecting director Kirk Jones will be heading things up, with Tom Hanks and Rita Wilson producing again. Does this mean my hopes for a sequel to Rounders aren't completely dead?

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Let it glow, let it glow, let it glow!

When it comes to evening attire, little black dresses aren't the only way to make an impression. And there's no time like the winter holidays to step out in something more dazzling. These shimmery skirts and dresses are just the thing.

AFP WITH FILES FROM METRO

Gold

A gold tunic dress sticks to simpler tailoring, letting the sequins do all the talking. This flashy piece can be worn with a pair of black tights to tone down the look.



Marks and Spencer Dress,
\$155.26,
marksandspencer.com

Colours

Gold isn't the only colour that shimmers and shines. How about a sassy number from H&M covered in iridescent green sequins, or a chic off-the-shoulder dress that will make heads turn at any holiday party?



H&M Dress,
\$14.95, hm.com



Banana Republic Off the
Shoulder Dress \$175,
bananarepublic.ca

Skirts

Of course, the all-over-sequins look is not for everyone. For those who prefer something more subtle, there is always the option of a sequined miniskirt, to be paired with a tame and understated top for an interesting contrast. Or a sleek black and white pencil skirt for an elegant seasonal statement.



Banana Republic Skirt,
\$110, bananarepublic.ca



GUESS Sequin Miniskirt,
\$69.50, guess.ca

Maxi

Increasingly popular in recent years, maxi dresses now seem to be here to stay. Decorated with sequins, floor-length gowns become more dramatic than ever.



New Look Maxi
Dress, \$160,
newlook.com

3
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3

holiday
picks for the
boys



Gap Fairisle Scarf, \$39.95,
gapcanada.ca

Cuff Links in Brass, \$35,
frankandoak.com



Dr. Martens Tassle Loafer,
\$160, drmartenscanada

It's the mushroom's time to shine

Mushroom, Leek and Gruyère Tart. With a puff pastry base, the flavours of this dish come together perfectly

"If vegetables were looking to elect a spokesperson, I'd nominate mushrooms," writes Charmian Christie in *The Messy Baker*.

"A bit of heat brings out the best in them. And when things get downright hot, they maintain their composure, refusing to dissolve into an incoherent mash."

"They work graciously with almost any herb, are effusively complementary to dairy, and are as comfortable with fancy-dress pastry as they are with a Casual Friday slice of toast."

"With a support staff of herbs, cheese, and garlic, this recipe lets the earthiness of mushrooms shine."

1. Preheat the oven to 425 F.

2. On a sheet of parchment paper cut to fit a rimmed baking sheet, roll the puff pastry sheet out to a 10-inch

Ingredients

- 1 sheet commercial puff pastry
- 3 tbsp unsalted butter
- 2 cloves garlic
- 2 sprigs fresh thyme, leaves only
- 2 cups thinly sliced leeks, white parts only, sliced lengthwise and slivered into half moons
- 16 oz cremini or Portobello mushrooms, cut into 1-inch pieces
- Ground black pepper (optional)
- 3 oz grated Gruyère cheese



This recipe serves four to six. RYAN SZULC

square. Using a sharp knife, gently score the pastry an inch inside the outer edge, being careful not to cut all the way through. Place the parchment with the scored pastry onto a rimmed bak-

ing sheet. Refrigerate while you prepare the filling.

3. In a large skillet over medium heat, melt the butter. When it bubbles, grate the garlic on a micro-

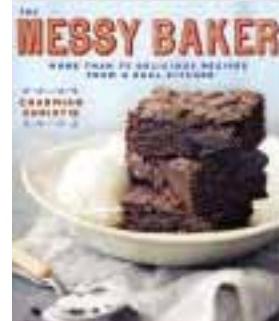
plane into the pan. Add the thyme. Cook gently for 1 minute. Add the leeks and cook until they begin to soften. Add the mushrooms and cook until they are soft, but not weeping, juices.

Place the mushroom filling into a strainer and let drain for a few minutes.

4. Spoon the mushroom filling onto the pastry, being careful to keep inside

Cookbook of the Week

Get your hands dirty for a tasty cause



Forget the perfectly shaped cookies and layers that are exactly the same height.

The *Messy Baker* by Charmian Christie is all about real-world baking — in its sweet, messy, fun and not always gorgeous glory. Featuring more than 75 recipes, the book also guides readers through collapsed crusts or frosting smears with practical advice.

Among included recipes are: Sweet Potato Samosas, Stuffed French Toast, Whiskey-Kissed Pecan Pie, Blueberry-Lime Cornmeal Muffins and more. METRO

the score marks. Add a grinding of fresh black pepper, if using. Bake for 15 minutes. Remove the tart from the oven and sprinkle with the cheese. Bake for 5 minutes, or until the cheese has melted and the pastry is golden brown. Serve while hot. **THE MESSY BAKER BY CHARMIAN CHRISTIE 2014. PUBLISHED BY HARPERCOLLINS CANADA. ALL RIGHTS RESERVED.**

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These recipes take a simple approach to pizza toppings. RYAN SZULC

Lunch. Crusty Pizza

Pizza Margherita

1. Scatter the tomatoes, basil, and bocconcini over the dough, being sure to leave a 1-inch edge. Sprinkle with the Parmigiano-Reggiano. Drizzle with the oil. Bake (according to pizza dough directions).

Sausage and Artichoke Pizza

1. Spread the dough with a thin layer of sauce, leaving a 1-inch edge. Place the sausage and artichoke over the pizza. Sprinkle with the cheese. Bake (according to pizza dough directions). ADAPTED FROM THE MESSY BAKER BY CHARMIAN CHRISTIE 2014. PUBLISHED BY HARPERCOLLINS CANADA. ALL RIGHTS RESERVED.

Ingredients

Pizza Margherita

- Authentic 12-inch pizza crust
- 1/3 cup San Marzano plum tomatoes, bite-size pieces
- 1 tbsp chopped fresh basil
- 2 oz bocconcini (cut in quarters)
- 2 tbsp Parmigiano-Reggiano
- 1 tbsp extra-virgin olive oil

Sausage and Artichoke Pizza

- Authentic 12-inch pizza crust
- 1/3 cup marinara sauce
- 4 oz cooked Italian sausage, sweet or hot, sliced into rounds
- 1/3 cup chopped marinated artichokes, drained
- 3 oz shredded mozzarella

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Ready to take the plunge? Refinish your old bathtub

DIY. Paint that tired tub, then add a few spa-like accessories and soak up the new vibe

Bathrooms might not always be the most welcoming space in a home, but they're among the rooms we use every day. Which means they can start to show wear and tear more quickly than expected.

The bathtub is one area that can begin to rust, crack or mould. With a little help and fixing-up, your tub can look better than ever.

More bathroom projects

For more bathroom renovation projects, catch all new back-to-back episode of *Bath Crashers* Wednesdays at 9 p.m. ET/PT on DIY Network Canada.

Here are some tips on how to upgrade and transform the bath area into a relaxing space to escape cold winter weather.

Making the upgrade

To avoid the expensive costs of replacing a tub, re-painting it is a quick fix at an affordable price.

First, purchase bathtub paint or a tub/tile refinishing kit from a local hardware store. Next, make sure to remove all excess debris in and around the tub.

Proceed to give it a good scrub with a bleach-based product to help remove any grime or gloss. Once clean, sand down the tub with 400-600 grit wet/dry sandpaper and rinse away the dirt as you work.

Before going any further, make sure to have a respiratory mask, chemical goggles, and gloves to remain protected from the fumes. The products are extremely strong, so be sure to turn on the vent

in the washroom, place a fan near the door and open windows throughout the home.

Apply two to three smooth, thin coats of paint and allow approximately one to two hours for drying.

Note that the paint gets very sticky, so try to apply it quickly. Let everything dry and remember not to use the bath at any point during the process.

Glam it up

Once the heavy duty work is complete, complement the new tub with other decorative elements.

Replace the shower rod with a new one or repaint the existing one for a fresh look. Select a funky shower curtain to incorporate some colour into the bathroom.

Add candles or flowers to the surrounding area to give it a spa-like feel or display bath salts in glass jars. Finally, consider upgrading the shower head or the faucet for a sharper look.

Furniture

Form Us With Love
partners with Ikea on new stackable chair



Janinge for Ikea FORM US WITH LOVE

Swiss design brand Vitra has unveiled its Soft Pad chair collection in a new autumnal colour palette for the cold season.

Created by famous American designers Charles and Ray Eames in 1969, the Soft Pad combines an industrial metal frame with soft cushioning for a voluptuous aesthetic.

The design has been modified to incorporate viscoelastic foam and a new colour palette in semi-aniline leather with a natural grain and an appealingly soft surface.

Created by Hella Jongerius, the new colourways encompass a range of 22 muted, earthy shades which highlight the natural quality and smooth texture of this fine leather. The new designs were unveiled earlier this month at Orgatec.

The hues come in three colour groups: warm reddish-browns, cool greens and blues, and contrasting shades with a focus on white-grey-black. The new look also includes contrast stitching, which lends them a hand-crafted quality.

Contemporary studio Vitra was founded in 1934 as a shop-fitting business and has gone on to become one of the most pioneering names in the interior design business. AFP



The Soft Pad collection VITRA

Swedish design studio Form Us With Love has teamed up with Ikea to lend its contemporary edge to an affordable range of plastic seating.

The Janinge collection comprises stackable chairs and stools that blend functionality, style and durability.

Suitable for indoor and outdoor use, the collection comes in a colour palette of light grey, crisp white and bright yellow.

Inspired by old Scandinavian wooden frames, the chairs are fabricated from a combination of polypropylene, glass fibre and pigment. AFP

MLB

Kershaw, Kluber take different paths to Cy's

Los Angeles Dodgers ace Clayton Kershaw was a unanimous choice for his third NL Cy Young Award, and Cleveland's Corey Kluber edged Seattle's Felix Hernandez to win the AL honour for the first time.

Kershaw got all 30 first-place votes in balloting by the Baseball Writers' Association of America announced Wednesday, while Kluber received 17 of 30 first-place votes and 169 points and King Felix got 13 firsts and 159 points.

Kershaw is also in the running for NL Most Valuable Player, which will be announced Thursday.

THE ASSOCIATED PRESS

Fatal car accident

Taveras was drunk at time of crash, official says

St. Louis Cardinals rookie outfielder Oscar Taveras was drunk at the time of his fatal car crash last month in his Caribbean homeland, an official in the Dominican Republic said Wednesday.

Tessie Sanchez, a spokeswoman for the Dominican attorney general's office, told The Associated Press toxicology reports showed Taveras had a blood-alcohol level five times the country's legal limit when he lost control of his car Oct. 26 on a highway in the tourist region of Puerto Plata.

Taveras' 18-year-old girlfriend, Edilia Arvelo, was in his 2014 Chevy Camaro when it ran off the road. She also died.

THE ASSOCIATED PRESS

Luck finally sides with Jets' Bogosian



THE HOCKEY NEWS
Ronnie Shuker
winnipeg@metronews.ca

Zach Bogosian has had a hard-luck NHL career thus far, but perhaps his karma is changing.

In 2008, he was drafted third overall. One spot higher, he goes to the Los Angeles Kings instead of Drew Doughty and wins a couple Stanley Cups before he turns 23 years old. One spot lower, he goes to St. Louis, where he makes the post-season with the Blues four times before that age.

Instead, he's drafted by Atlanta, moves to Winnipeg, where the Thrashers become the Jets, and misses the playoffs every year.

On top of that, Bogosian is beset by injuries. He breaks his leg less than a month into his rookie season, forcing him out of 28 games. Hand, shoulder, wrist, groin and a slew of undisclosed upper-body and lower-body ailments follow, causing him to miss 70 more since.

Now 24 years old, he looks like he's getting some good luck coming his way.

Not to jinx him, but Bogosian may finally become one half of an elite shutdown defenceman pairing Thrashers GM Don Waddell saw in him more than six years ago. The offensive potential he displayed in his first two years in Atlanta are all but gone, though that's not what the Jets need from him anyway. They need a big, bruising defenceman to log heavy minutes



Defenceman Zach Bogosian leads the Jets in average even-strength ice time at 18:24. DILIP VISHWANAT/GETTY IMAGES

against opponents' top lines.

And they're getting it.

Bogosian leads Winnipeg in average even-strength ice time at 18:24, and he's near the top overall on the team with 22:42 per game. And most of those minutes are against the best other teams are throwing at the Jets.

Critics will point to the doughnut under the goals column and his measly six assists as proof he's not the elite defenceman he should be for being drafted third overall. Fair enough.

By the numbers

51.6%

Zach Bogosian's possession stats this season are 47 per cent (Corsi close) and 51.6 per cent (Fenwick close).

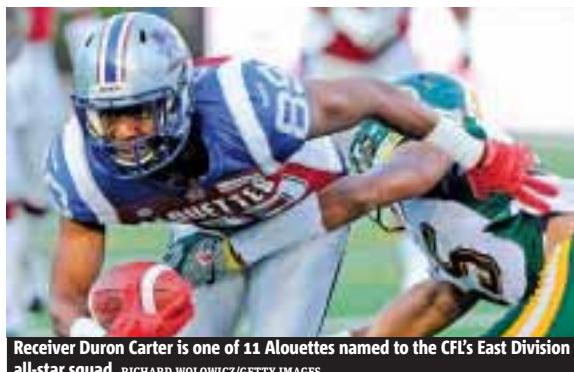
At this point, however, that's not the way to look at Bogosian. If the Jets are to get more production from their back end, they should move Byfuglien back — as this columnist has previously sug-

gested — instead of looking for Bogosian to produce more offensively. He's not that type of player.

Rightly or wrongly, Bogosian will always be tied to the two defencemen he was sandwiched between at the 2008 draft. He'll never be the player Doughty is and may never reach the heights Pietrangelo has the potential to hit, but he can be a beast defensively, perhaps even one of the league's best.

All he needs is for his recent good fortune to continue.

11 Alouettes named CFL East Division all-stars



Receiver Duron Carter is one of 11 Alouettes named to the CFL's East Division all-star squad. RICHARD WOLOWICZ/GETTY IMAGES

Receiver Duron Carter has plenty of familiar faces joining him on the East Division all-star squad, but tackle Jeff Perrett isn't one of them.

Carter was among 11 Montreal Alouettes named to the team Wednesday in voting conducted by the Football Reporters of Canada and nine CFL head coaches. Surprisingly missing from that group was Perrett, 30, the Als' nominee for the league's outstanding lineman award.

The individual division finalists will be announced Thursday. Perrett is a solid bet to be

Representing Winnipeg

Receiver Clarence Denmark was the lone Winnipeg Blue Bomber to earn an all-star selection.

named the East's top lineman but would secure the honour without having made the all-star team. And that left the towering six-foot-seven, 320-pound native of Lethbridge, Alta., scratching his head.

"It's kind of weird," Perrett

said. "People vote how they're going to vote, and there's not much I can do about it."

Montreal had the most all-star selections, finishing one ahead of the Hamilton Tiger-Cats and two in front of the Edmonton Eskimos. The expansion Ottawa Redblacks were the only team not to have any players named.

Edmonton's Adarius Bowman, the CFL's leading receiver this season with 112 catches for 1,456 yards and six TDs, was the lone unanimous selection.

THE CANADIAN PRESS

4 SPORTS



Leafs light up Rask, Bruins in Toronto

The Maple Leafs celebrate Phil Kessel's first-period goal on Boston goalie Tuukka Rask on Wednesday night at Air Canada Centre. Kessel added another goal 18 seconds into the second period and Morgan Rielly and Tyler Bozak added tallies to chase Rask from the net. James van Riemsdyk's goal had Toronto leading 5-0 before the game's halfway point. The Leafs led 5-1 after two periods, but have been known to blow big leads to the Bruins, so go to metrone.ca for the final score and more Leafs coverage. RICK MADONIK/TORSTAR NEWS SERVICE



McDavid's WJC in doubt after injury

Junior hockey. Projected No. 1 2015 NHL draft pick breaks bone in hand with world juniors just over six weeks away

Connor McDavid will be out five to six weeks with a fractured bone in his right hand, an injury that could put his participation for Canada in the world junior championship in doubt.

The Erie Otters announced Wednesday afternoon that McDavid suffered a fracture of the fifth metacarpal bone in a fight Tuesday night with Mississauga's Bryson Cianfrone when his punch missed and hit the top of the boards. The fractured bone extends from the base of the pinkie finger to the wrist.

McDavid will not need surgery.

The 17-year-old junior phenom saw a hand specialist in Toronto, as X-rays after Tuesday's game were not definitive.

McDavid will almost cer-



Connor McDavid broke a bone in his right hand in a fight against the Mississauga Steelheads' Bryson Cianfrone on Tuesday night. DENNIS PAJOT/GETTY IMAGES

tainly miss Canada's world junior camp in mid-December. Hockey Canada must finalize its roster for the tournament Dec. 25, and the team plays its first game Dec. 26 in Montreal against Slovakia.

Reached by phone at his hotel in Regina before official word of a time frame, Canadian world junior coach Benoit Groulx said it's too early to know about McDavid's status

for that tournament. He said Hockey Canada would stay in touch with the Otters and continue to monitor the situation.

"There is several weeks before world juniors, so it's too early to know," Groulx said. "We hope that he'll be able to be there, but I don't have that answer yet."

McDavid's injury ignited debate around hockey about whether star players should

Otters lose junior's best

Connor McDavid, a native of Newmarket, leads the Ontario Hockey League with 16 goals and 35 assists in just 18 games this season.

- His Erie Otters are the Canadian Hockey League's top-ranked team with a 16-1-0-1 record.

be fighting. This was officially McDavid's second fight of the season.

"I don't think this is a guy that goes out and does it all the time," Boston head coach Claude Julien said at the Bruins' morning skate before their game against the Toronto Maple Leafs. "Those things are going to happen, unfortunately. For a guy like him, he's trying to show that he'll do whatever it takes to be a help to his hockey club."

THE CANADIAN PRESS

ATP Finals. Raonic desperately searching for his powerful serve

Canadian Milos Raonic tried to repair his ailing service game Wednesday ahead of his must-win match against Japan's Kei Nishikori at the ATP Finals.

Raonic struggled in his first two round-robin matches at the season-ending event, bowing out in straight sets to Roger Federer on Sunday and Andy Murray on Tuesday.

The Canadian's powerful serve has been rather muted at the O2 Arena, with noticeable drops in both speed and first-serve percentage. Raonic was looking for solutions in Wednesday's practice session with coaches Ivan Ljubicic and Riccardo Piatti.

"Whatever the reason is, I have 24 hours to solve it," Raonic said. "I'm going to need to (fix it) if I want to have any hope. There's no way around that. It's something I've got to do."

Raonic entered the eight-man tournament brimming



Milos Raonic GETTY IMAGES

with confidence. He knocked off Federer for the first time at the recent Paris Masters before falling to Novak Djokovic in the final.

Raonic, from Thornhill, Ont., and Nishikori are both making their first appearances at the event. Nishikori, who's enjoying a breakout season, was the runner-up at the U.S. Open in September.

THE CANADIAN PRESS

Pitch Smart. Guidelines aim to keep hurlers healthy

In an effort to stem the rising tide of pitcher injuries — in particular the sharp spike of Tommy John surgeries — Major League Baseball has teamed with leading medical experts to launch a website to promote best practices for protecting young arms.

The hope is that establishing universal guidelines for preventing arm injuries in youth will translate into fewer injuries at the big-league level.

The website, PitchSmart.org, is a joint project with USA Baseball — the sport's amateur governing body in

Quoted

"It makes sense to start fixing the problem at the root of it."

Glenn Fleisig, a leading biomechanics expert, on pitchers developing good habits early in their careers

the U.S. — and it provides evidence-based recommendations for age-specific pitch counts, rest days and other precautions to prevent injuries in kids aged 7 to 18.

TORSTAR NEWS SERVICE

Soccer

Canada's U-20s earn unexpected draw with England

Jordan Hamilton scored in second-half stoppage time to lift the Canadian under-20 soccer team to a 2-2 tie with England on Wednesday.

Hamilton's goal came on a volley after a Canadian free kick was stopped. The 18-year-old Toronto FC striker is currently on loan to C.D. Trofense in Portugal's second tier. THE CANADIAN PRESS

Tennis

Djokovic survives early scare before beating Wawrinka

Novak Djokovic lost the first two games of his match against Stan Wawrinka. After that, there was no stopping the world No. 1.

The top-ranked Serb stayed calm, withstood the early assault from the third-seeded Swiss, and then crushed him 6-3, 6-0 at the ATP Finals on Wednesday to close in on the coveted year-end No. 1 spot. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Do what you can with what you have and you will get what you need. Too many people expect life to come to them, but you're far too smart to be one of them.

♉ Taurus

April 21 - May 21

Your powers of self-discipline will be tested over the next 24 hours. You will pass easily. But a harder test is on its way.

♊ Gemini

May 22 - June 21

You enjoy some drama in your life but you need stability too. You'll be delighted to discover there are people you can turn to when things get tough.

♋ Cancer

June 22 - July 23

You can patch up a relationship that has turned sour in recent weeks. Make the first approach and you will be heartened to learn a loved one is as eager as you to kiss and make up.

♌ Leo

July 24 - Aug. 23

There will be heart-warming moments today but don't let them detract from other important matters. A new relationship may be a lot of fun but family and financial issues have to be dealt with too.

♍ Virgo

Aug. 24 - Sept. 23

The planets urge you to face up to what worries you the most. You may be surprised to discover that what you have been trying to avoid is actually quite exciting.

♎ Libra

Sept. 24 - Oct. 23

A financial problem you have been struggling with for weeks or months can be resolved, especially if you are prepared to listen to the advice of an older and wiser colleague.

♏ Scorpio

Oct. 24 - Nov. 22

No matter who depends on you there are certain things you must do for yourself over the next 24 hours. An opportunity to improve your status must be seized immediately.

♐ Sagittarius

Nov. 23 - Dec. 21

No matter how bruised your ego is, today will delight you. Don't worry about keeping on top of your routine. There will be plenty of time to catch up later in the month.

♑ Capricorn

Dec. 22 - Jan. 20

You need to approach serious issues in a serious manner. If you let things drift people are liable to get on your case and your reputation could suffer.

♒ Aquarius

Jan. 21 - Feb. 19

The tension that has been a feature of your emotional life of late will ease somewhat over the next 24 hours. Even routine tasks will seem less of a chore.

♓ Pisces

Feb. 20 - March 20

Today's Venus-Saturn link means you can patch things up with a friend. Sometimes a relationship can benefit from a dispute, especially if it clears the air.

Crossword: Canada Across and Down by Kelly Ann Buchanan

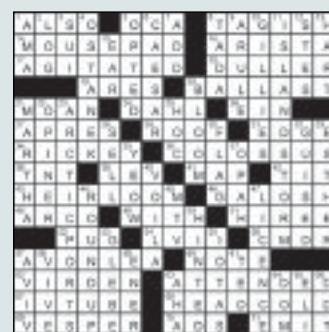
Across

- Say "I do."
- Hamilton's nickname, ___ City
- The Big ___ (Attraction in Coborne, ON)
- Past
- Safari outfit hue
- Hold up
- Pro
- Got smart, ___ up
- Particular purple
- T.O. transport provider
- Mr. Frehley
- Ads-emailed-in bulk source
- Interrupt the stand-up
- Fiber ___ (Cereal brand)
- Depart, poetically
- Incision
- Health food berry
- Dominica's capital
- BC's provincial bird, ___ Jay
- Summer hrs. acronym
- NB: Saint John Airport code
- Antacid brand
- San Francisco's ___ Hill
- Lea Michele or Chris Colfer: 2 wds.
- Newfoundland town; or, Neptune moon
- Rockefeller Center muralist
- Overlook
- University bldgs.
- Large bird
- du Soleil
- Reflection givers
- Romanian currency
- Holder
- Prefix to 'clast' (Image breaker)
- Surface
- New in Toronto, ___ Khan Museum
- Actor Lorenzo
- Ladies' men
- Blood hue
- CBC's "Republic of ___"
- Apprehensive feeling
- Golf peg
- Float, as a scent
- Rita Moreno is one

Down

- of the few artists to have won all four major showbiz awards, known together by this acronym
- NB village; or, former name of Montreal's Boulevard Rene-Levesque
- New in Vancouver, ___ Lodge Aboriginal
- Hotel & Gallery
- Syrupy
- Conference room chart supports
- Supplement
- Container closers
- Commercials gig
- Canadian breakfast serving, ___ bacon
- Fruit type
- Bathe

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	7	9	5	8	1	4	3	6
1	4	6	3	9	7	5	8	2
5	3	8	6	2	4	7	9	1
4	2	1	7	6	8	9	5	3
7	9	3	4	5	2	6	1	8
8	6	5	1	3	9	2	4	7
3	8	7	9	4	6	1	2	5
9	1	2	8	7	5	3	6	4
6	5	4	2	1	3	8	7	9

1	2		
9		8	6
2			7
7		8	5
5			3
3	4	2	
5			6
3	6	5	
2	7		4

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